

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.060
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.141
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.065
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.960
09003	Apples, raw, with skin	138	1 apple	3.036
09004	Apples, raw, without skin	110	1 cup	0.660
09020	Applesauce, canned, sweetened, without salt	255	1 cup	1.530
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	1.464
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.676
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5.368
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.085
09021	Apricots, raw	35	1 apricot	1.155
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	24.864
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	17.760
11015	Asparagus, canned, drained solids	72	4 spears	29.736
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.360
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	48.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	144.000
09038	Avocados, raw, California	28.35	1 oz	5.954
18005	Bagels, cinnamon-raisin	89	4" bagel	0.623
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.497
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.178
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.142
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.750
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.000
09040	Bananas, raw	118	1 banana	0.590
09040	Bananas, raw	150	1 cup	0.750
20006	Barley, pearled, cooked	157	1 cup	1.256
20005	Barley, pearled, raw	200	1 cup	4.400
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	2.286
16008	Beans, baked, canned, with franks	259	1 cup	2.590
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.277
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.265

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16034	Beans, kidney, red, mature seeds, canned	256	1 cup	5.632
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.841
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	5.985
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	13.365
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.145
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.365
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.145
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.700
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.445
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.361
13350	Beef, cured, dried	28.35	1 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.785
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.530
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.275
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.530
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.360
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.275
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.105
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	1.360
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	1.190
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.315
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	696.960
11084	Beets, canned, drained solids	24	1 beet	0.048
11084	Beets, canned, drained solids	170	1 cup	0.340
11081	Beets, cooked, boiled, drained	50	1 beet	0.100
11081	Beets, cooked, boiled, drained	170	1 cup	0.340
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.594
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.462
09042	Blackberries, raw	144	1 cup	28.512
09055	Blueberries, frozen, sweetened	230	1 cup	40.710
09050	Blueberries, raw	145	1 cup	27.985
07008	Bologna, beef and pork	56.7	2 slices	0.000
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.907
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.871
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.700
18027	Bread, egg	40	1/2" slice	0.360
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.250

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18033	Bread, italian	20	1 slice	0.240
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.572
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.528
18039	Bread, oatmeal	27	1 slice	0.405
18040	Bread, oatmeal, toasted	25	1 slice	0.425
18041	Bread, pita, white, enriched	28	4" pita	0.056
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.120
18044	Bread, pumpernickel	32	1 slice	0.256
18045	Bread, pumpernickel, toasted	29	1 slice	0.261
18047	Bread, raisin, enriched	26	1 slice	0.442
18048	Bread, raisin, toasted, enriched	24	1 slice	0.456
18053	Bread, reduced-calorie, rye	23	1 slice	0.138
18055	Bread, reduced-calorie, wheat	23	1 slice	0.046
18057	Bread, reduced-calorie, white	23	1 slice	0.138
18060	Bread, rye	32	1 slice	0.384
18061	Bread, rye, toasted	24	1 slice	0.312
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.375
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.391
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.775
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.395
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.748
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.560
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.550
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	14.400
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.116
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.207
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	183.080
11090	Broccoli, raw	31	1 spear	31.496
11090	Broccoli, raw	88	1 cup	89.408
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.868
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.925
20011	Buckwheat flour, whole-groat	120	1 cup	8.400
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.192
20013	Bulgur, cooked	182	1 cup	0.910
20012	Bulgur, dry	140	1 cup	2.660
01001	Butter, salted	14.2	1 tbsp	0.994
01145	Butter, without salt	14.2	1 tbsp	0.994
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.800
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	73.350
11109	Cabbage, raw	70	1 cup	42.000
11112	Cabbage, red, raw	70	1 cup	26.740
11114	Cabbage, savoy, raw	70	1 cup	48.160
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.050

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18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.852
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.645
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.028
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.350
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.553
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.060
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.592
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.774
19074	Candies, caramels	10.1	1 piece	0.202
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.763
19071	Candies, carob	28.35	1 oz	2.183
19087	Candies, confectioner's coating, white	170	1 cup	13.940
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.238
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.304
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.120
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.080
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.520
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.217
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.620
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.684
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2.318
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.824
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.105
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.508
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.600
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.370
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.091
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.764
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.168
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.295
19080	Candies, semisweet chocolate	168	1 cup	9.408
09060	Carambola, (starfruit), raw	91	1 fruit	0.000
09060	Carambola, (starfruit), raw	108	1 cup	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000

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14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.000
11655	Carrot juice, canned	236	1 cup	36.580
11960	Carrots, baby, raw	10	1 medium	0.940
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.308
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.372
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.856
11124	Carrots, raw	72	1 carrot	9.504
11124	Carrots, raw	110	1 cup	14.520
11935	Catsup	6	1 packet	0.168
11935	Catsup	15	1 tbsp	0.420
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.452
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.112
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.420
11135	Cauliflower, raw	13	1 floweret	2.080
11135	Cauliflower, raw	100	1 cup	16.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.175
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.700
11143	Celery, raw	40	1 stalk	11.720
11143	Celery, raw	120	1 cup	35.160
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.540
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.485
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.360
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.450
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.890
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.180
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.120
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.300
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.510
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.385
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.240
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.420
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.155
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.300
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.060
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.935

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.270
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.360
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.480
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.180
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.560
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.090
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.031
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.435
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.000
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.062
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.029
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.060
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.031
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.180
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.037
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.033
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.360
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.540
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.155
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.510
08010	Cereals ready-to-eat, QAKER, CAP'N CRUNCH	27	3/4 cup	0.378
08011	Cereals ready-to-eat, QAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.390
08012	Cereals ready-to-eat, QAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.270
08219	Cereals ready-to-eat, QAKER, Honey Nut Heaven	49	1 cup	0.588
08220	Cereals ready-to-eat, QAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.450
08218	Cereals ready-to-eat, QAKER, QAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.142
08049	Cereals ready-to-eat, QAKER, QAKER OAT LIFE, plain	32	3/4 cup	0.544
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.285
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.251
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.885
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	7.488
08131	Cereals, QAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.775
08125	Cereals, QAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.745
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.964

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01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.510
01004	Cheese, blue	28.35	1 oz	0.680
01007	Cheese, camembert	38	1 wedge	0.760
01009	Cheese, cheddar	28.35	1 oz	0.794
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.840
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.904
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.226
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.452
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
01017	Cheese, cream	14.5	1 tbsp	0.421
01186	Cheese, cream, fat free	15.6	1 tbsp	0.016
01019	Cheese, feta	28.35	1 oz	0.510
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.170
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.369
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.652
01030	Cheese, muenster	28.35	1 oz	0.709
01032	Cheese, parmesan, grated	5	1 tbsp	0.095
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.765
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.624
01035	Cheese, provolone	28.35	1 oz	0.624
01037	Cheese, ricotta, part skim milk	246	1 cup	1.722
01036	Cheese, ricotta, whole milk	246	1 cup	2.706
01040	Cheese, swiss	28.35	1 oz	0.709
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.416
09070	Cherries, sweet, raw	68	10 cherries	1.428
07017	Chicken roll, light meat	56.7	2 slices	0.284
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.360
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.258
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.540
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.000
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.028
05277	Chicken, canned, meat only, with broth	142	5 oz	2.556
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.000
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.340
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.560
11156	Chives, raw	3	1 tbsp	6.381
14181	Chocolate syrup	18.75	1 tbsp	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.238
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.798
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1.365
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.227

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.206
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.344
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.135
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.178
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.060
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.440
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.640
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.085
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.750
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.510
18170	Cookies, fig bars	16	1 cookie	0.928
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.644
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.864
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.760
18177	Cookies, molasses	15	1 cookie, medium	0.825
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.143
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.000
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.660
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.784
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.290
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.626
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.470
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.500
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.750
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.240
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.308
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.000
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.308
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.492
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.252
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.414
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.366
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.157
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	43.890
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	62.560

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.924
18214	Crackers, cheese, regular	10	10 crackers	0.050
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.840
18217	Crackers, matzo, plain	28.35	1 matzo	0.085
18220	Crackers, melba toast, plain	20	4 pieces	0.180
18226	Crackers, rye, wafers, plain	11	1 wafer	0.627
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.588
18229	Crackers, standard snack-type, regular	12	4 crackers	0.756
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.581
18232	Crackers, wheat, regular	8	4 crackers	0.768
18235	Crackers, whole-wheat	16	4 crackers	1.328
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.798
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.375
01069	Cream substitute, powdered	2	1 tsp	0.176
01049	Cream, fluid, half and half	15	1 tbsp	0.195
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.480
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.255
01052	Cream, fluid, light whipping	15	1 tbsp	0.405
01056	Cream, sour, cultured	12	1 tbsp	0.120
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.090
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.057
18239	Croissants, butter	57	1 croissant	1.026
18243	Croutons, seasoned	40	1 cup	3.040
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.085
15141	Crustaceans, crab, blue, canned	135	1 cup	0.135
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.085
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.085
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
11206	Cucumber, peeled, raw	119	1 cup	8.568
11206	Cucumber, peeled, raw	280	1 large	20.160
11205	Cucumber, with peel, raw	301	1 large	49.364
11205	Cucumber, with peel, raw	104	1 cup	17.056
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	203.595
18245	Danish pastry, cheese	71	1 danish	5.254
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.763
09087	Dates, deglet noor	41.5	5 dates	1.121
09087	Dates, deglet noor	178	1 cup	4.806
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.108
01072	Dessert topping, pressurized	4	1 tbsp	0.220
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.252
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.756

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.538
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.248
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	5.760
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.398
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	17.500
01143	Egg substitute, liquid	62.75	1/4 cup	0.502
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	2.576
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.150
01131	Egg, whole, cooked, poached	50	1 large	0.150
01132	Egg, whole, cooked, scrambled	61	1 large	2.440
01123	Egg, whole, raw, fresh	50	1 large	0.150
01123	Egg, whole, raw, fresh	44	1 medium	0.132
01123	Egg, whole, raw, fresh	58	1 extra large	0.174
01125	Egg, yolk, raw, fresh	16.6	1 large	0.116
01057	Eggnog	254	1 cup	0.508
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.871
11213	Endive, raw	50	1 cup	115.500
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.969
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.936
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	6.254
21042	Fast foods, chili con carne	253	1 cup	5.060
21127	Fast foods, coleslaw	99	3/4 cup	56.430
21024	Fast foods, french toast sticks	141	5 sticks	10.575
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.721
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	8.112
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	6.432
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	4.080
09094	Figs, dried, uncooked	38	2 figs	5.928
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.085
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.616
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.254
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.085
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.127
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.170
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.085
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.060
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.149
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.085
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.085
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.340
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.211
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.422

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.170
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.125
07022	Frankfurter, beef	45	1 frank	0.810
07023	Frankfurter, beef and pork	45	1 frank	0.810
07024	Frankfurter, chicken	45	1 frank	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	4.940
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.693
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.216
19294	Fruit butters, apple	17	1 tbsp	0.034
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	6.448
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.162
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
11215	Garlic, raw	3	1 clove	0.042
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	1.012
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	1.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	3.024
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.000
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.207
09128	Grapefruit juice, white, raw	247	1 cup	0.000
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	23.360
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	7.300
06116	Gravy, beef, canned	58.25	1/4 cup	0.058
06119	Gravy, chicken, canned	59.5	1/4 cup	0.119
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.000
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.800
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.065
19270	Ice creams, chocolate	66	1/2 cup	0.198

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.774
19095	Ice creams, vanilla	66	1/2 cup	0.198
19088	Ice creams, vanilla, light	66	1/2 cup	0.198
19089	Ice creams, vanilla, rich	74	1/2 cup	0.962
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.057
11226	Jerusalem-artichokes, raw	150	1 cup	0.150
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.100
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.600
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	30.628
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.165
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.570
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.060
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	4.080
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.315
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.000
09153	Lemon juice, canned or bottled	244	1 cup	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.366
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.673
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.749
11251	Lettuce, cos or romaine, raw	56	1 cup	57.400
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.250
11253	Lettuce, green leaf, raw	56	1 cup	97.216
11253	Lettuce, green leaf, raw	10	1 leaf	17.360
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.928
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.899
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.255

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.360
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.670
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.760
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.077
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.230
09160	Lime juice, raw	38	juice of 1 lime	0.228
20100	Macaroni, cooked, enriched	140	1 cup	0.140
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.231
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.795
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.441
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.060
09176	Mangos, raw	207	1 mango	8.694
09176	Mangos, raw	165	1 cup	6.930
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	13.206
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	13.113
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	14.486
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	4.862
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	4.862
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	14.711
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	4.464
09181	Melons, cantaloupe, raw	160	1 cup	4.000
09181	Melons, cantaloupe, raw	69	1/8 melon	1.725
09184	Melons, honeydew, raw	170	1 cup	4.930
09184	Melons, honeydew, raw	160	1/8 melon	4.640
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.600
01111	Milk shakes, thick vanilla	313	11 fl oz	0.626
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.026
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.245
01095	Milk, canned, condensed, sweetened	306	1 cup	1.836
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.260
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.250
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.250
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.000
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.244
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.000
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.488
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.488
16112	Miso	68.75	1 cup	20.694
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.340

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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15157	Mollusks, clam, mixed species, raw	85	3 oz	0.170
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.084
18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.078
18279	Muffins, corn, commercially prepared	57	1 muffin	1.311
18283	Muffins, oat bran	57	1 muffin	7.410
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.916
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	28.148
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.320
11264	Mushrooms, canned, drained solids	156	1 cup	0.156
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.156
11260	Mushrooms, raw	70	1 cup	0.070
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.145
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.025
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.300
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.110
09191	Nectarines, raw	136	1 nectarine	2.992
20113	Noodles, chinese, chow mein	45	1 cup	3.015
20110	Noodles, egg, cooked, enriched	160	1 cup	0.160
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.760
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.837
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.837
12167	Nuts, chestnuts, european, roasted	143	1 cup	11.154
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.279
12104	Nuts, coconut meat, raw	45	1 piece	0.090
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.026
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.657
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	3.600
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.992
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	15.281
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	4.635
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.742
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.765
20033	Oat bran, raw	94	1 cup	3.008
04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.127
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.095
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.850
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	3.359
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	3.359
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.258

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.966
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.734
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.000
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	87.952
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.308
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.470
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.050
11284	Onions, dehydrated flakes	5	1 tbsp	0.180
11282	Onions, raw	14	1 slice	0.056
11282	Onions, raw	110	1 whole	0.440
11282	Onions, raw	160	1 cup	0.640
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	28.100
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	4.215
09207	Orange juice, canned, unsweetened	249	1 cup	0.249
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.249
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.852
09206	Orange juice, raw	86	juice from 1 orange	0.086
09206	Orange juice, raw	248	1 cup	0.248
09200	Oranges, raw, all commercial varieties	180	1 cup	0.000
09200	Oranges, raw, all commercial varieties	131	1 orange	0.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.180
09226	Papayas, raw	304	1 papaya	7.904
09226	Papayas, raw	140	1 cup	3.640
11297	Parsley, raw	10	10 sprigs	164.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.560
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.454
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.666
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.216
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.666
09246	Peaches, dried, sulfured, uncooked	39	3 halves	6.123
09250	Peaches, frozen, sliced, sweetened	250	1 cup	5.500
09236	Peaches, raw	98	1 peach	2.548
09236	Peaches, raw	170	1 cup	4.420
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.128
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.128
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
09340	Pears, asian, raw	275	1 pear	12.375
09340	Pears, asian, raw	122	1 pear	5.490
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.798
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.228

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.228
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.744
09252	Pears, raw	166	1 pear	7.470
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	40.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.320
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	36.380
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.400
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.800
11670	Peppers, hot chili, green, raw	45	1 pepper	6.435
11819	Peppers, hot chili, red, raw	45	1 pepper	6.300
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.354
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.920
11333	Peppers, sweet, green, raw	119	1 pepper	8.806
11333	Peppers, sweet, green, raw	149	1 cup	11.026
11333	Peppers, sweet, green, raw	10	1 ring	0.740
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.936
11821	Peppers, sweet, red, raw	149	1 cup	7.301
11821	Peppers, sweet, red, raw	119	1 pepper	5.831
11945	Pickle relish, sweet	15	1 tbsp	2.745
11937	Pickles, cucumber, dill	65	1 pickle	11.895
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.033
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	10.332
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.640
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.095
18305	Pie, blueberry, commercially prepared	117	1 piece	12.285
18308	Pie, cherry, commercially prepared	117	1 piece	8.892
18319	Pie, fried pies, fruit	128	1 pie	5.248
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.373
18324	Pie, pecan, commercially prepared	113	1 piece	5.424
18326	Pie, pumpkin, commercially prepared	109	1 piece	6.758
11943	Pimento, canned	12	1 tbsp	0.960
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.250
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.250
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.750
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.147
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.762
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.747
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.141
09266	Pineapple, raw, all varieties	155	1 cup	1.085
09278	Plantains, cooked	154	1 cup	1.078
09277	Plantains, raw	179	1 medium	1.253
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1.978

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.094
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.836
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.978
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.728
09291	Plums, dried (prunes), uncooked	42	5 prunes	24.990
09279	Plums, raw	66	1 plum	4.224
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.416
07064	Pork sausage, fresh, cooked	27	1 patty	0.108
07064	Pork sausage, fresh, cooked	26	2 links	0.104
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.019
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11399	Potato puffs, frozen, prepared	79	10 puffs	3.476
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.040
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.468
11364	Potatoes, baked, skin, without salt	58	1 skin	0.986
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.856
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.835
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.276
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.131
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.772
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.150
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.780
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.600
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.738
09294	Prune juice, canned	256	1 cup	8.704
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.130
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.017
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	39.200
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.960

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11429	Radishes, raw	4.5	1 radish	0.059
09298	Raisins, seedless	14	1 packet	0.490
09298	Raisins, seedless	145	1 cup	5.075
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.250
09302	Raspberries, raw	123	1 cup	9.594
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	6.048
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	71.040
20037	Rice, brown, long-grain, cooked	195	1 cup	1.170
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.185
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.185
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.812
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.333
18353	Rolls, hard (includes kaiser)	57	1 roll	0.342
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.510
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.923
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.938
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.782
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.208
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.413
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.232
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.875
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.824
04015	Salad dressing, russian dressing	15.3	1 tbsp	12.929
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.092
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4.238
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.780
07069	Salami, cooked, beef and pork	56.7	2 slices	0.737
07072	Salami, dry or hard, pork, beef	20	2 slices	0.260
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.240
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.016
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.080
06166	Sauce, homemade, white, medium	250	1 cup	2.250
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	9.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.113
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.688
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	134.992
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.256
11445	Seaweed, kelp, raw	10	2 tbsp	6.600

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.237
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.381
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.000
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.765
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.864
14346	Shake, fast food, chocolate	333	16 fl oz	4.995
14347	Shake, fast food, vanilla	333	16 fl oz	0.999
19097	Sherbet, orange	74	1/2 cup	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.504
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.455
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	9.526
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.234
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.160
19014	Snacks, fruit leather, rolls	21	1 large	3.822
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.680
19034	Snacks, popcorn, air-popped	8	1 cup	0.096
19036	Snacks, popcorn, cakes	10	1 cake	0.110
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.638
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.400
19035	Snacks, popcorn, oil-popped	11	1 cup	1.727
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.041
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.041
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.265
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.265
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.771
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.540
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.171
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.198
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	3.036
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.192
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.220
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.840
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.000
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	3.532
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.482
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	7.076
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.232

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.728
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.952
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.546
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.246
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	7.250
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.480
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	3.904
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.392
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.440
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	6.266
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.492
16120	Soy milk, fluid	245	1 cup	7.350
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.024
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	3.679
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.140
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.980
02007	Spices, celery seed	2	1 tsp	0.000
02009	Spices, chili powder	2.6	1 tsp	2.748
02010	Spices, cinnamon, ground	2.3	1 tsp	0.718
02015	Spices, curry powder	2	1 tsp	1.996
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.086
02027	Spices, oregano, dried	1.5	1 tsp	9.326
02028	Spices, paprika	2.1	1 tsp	1.686
02029	Spices, parsley, dried	1.3	1 tbsp	17.674
02030	Spices, pepper, black	2.1	1 tsp	3.438
11461	Spinach, canned, drained solids	214	1 cup	987.824
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.480
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.330
11457	Spinach, raw	10	1 leaf	48.290
11457	Spinach, raw	30	1 cup	144.870
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.300
11641	Squash, summer, all varieties, raw	113	1 cup	3.390
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.020
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.335
09316	Strawberries, raw	12	1 strawberry	0.264
09316	Strawberries, raw	18	1 strawberry	0.396
09316	Strawberries, raw	166	1 cup	3.652
19334	Sugars, brown	3.2	1 tsp	0.000

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

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19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.640
11512	Sweetpotato, canned, vacuum pack	255	1 cup	5.610
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	3.358
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	3.276
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.418
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.652
09223	Tangerine juice, canned, sweetened	249	1 cup	0.000
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.000
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.080
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.400
11954	Tomatillos, raw	34	1 medium	3.332
11540	Tomato juice, canned, with salt added	243	1 cup	5.589
11546	Tomato products, canned, paste, without salt added	262	1 cup	29.868
11547	Tomato products, canned, puree, without salt added	250	1 cup	8.500
11549	Tomato products, canned, sauce	245	1 cup	6.860
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	6.120
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	6.720
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.580
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.220
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.717
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.343
11955	Tomatoes, sun-dried	2	1 piece	0.860
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.052
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.576
05292	Turkey patties, breaded, battered, fried	64	1 patty	13.440
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.595
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.276
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.870

USDA National Nutrient Database for Standard Reference, Release 16-1

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.180
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.624
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.344
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	850.996
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.156
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	5.950
11578	Vegetable juice cocktail, canned	242	1 cup	12.826
04582	Vegetable oil, canola	14	1 tbsp	17.080
11581	Vegetables, mixed, canned, drained solids	163	1 cup	20.212
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	29.120
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.627
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.280
09326	Watermelon, raw	152	1 cup	0.152
09326	Watermelon, raw	286	1 wedge	0.286
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.375
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.375
20083	Wheat flour, white, bread, enriched	137	1 cup	0.411
20084	Wheat flour, white, cake, enriched	137	1 cup	0.411
20080	Wheat flour, whole-grain	120	1 cup	2.280
20089	Wild rice, cooked	164	1 cup	0.820
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.227
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.454
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.454
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.454